

BRIDGES

WEDNESDAY, FEBRUARY 25, 2015

READ MY BOOK:

Jamie and the Monster Bookroom co-written by mother and daughter P.2

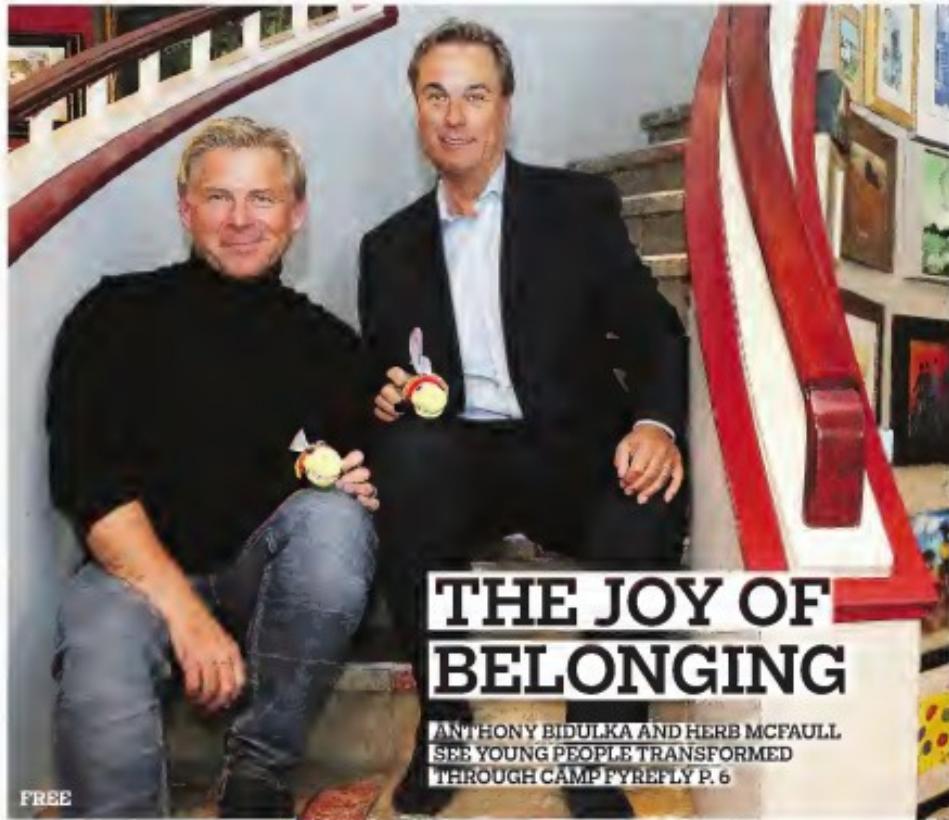
SPACES:

Owner's creative passion fuelsrene on seven-storey condo P.4

GARDENING:

Sourcing heirloom seeds at made-in-Canada event P.12

A STARPHOENIX COMMUNITY NEWSPAPER



THE JOY OF BELONGING

ANTHONY BIDULKA AND HERB MCFAUL
SEE YOUNG PEOPLE TRANSFORMED
THROUGH CAMP FYREFLY P. 6

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

KERRY SIMPSON WITH JAMIE SIMPSON

Jamie and the Monster Bookroom

Since I was a child, my dream was to write — what to write I wasn't sure.

I just had this intense longing for a book cover to scream at my name. As with many dreams, we tend to push them to a corner where we are unlikely — too busy to give them a second thought.

But when my daughter was born, it became inspired to write books and read more ... A LOT! Jamie was safety net for the first few months of her life and when she would cry or eat or sleep or cry again, I was reading stories to her.

From a very young age (at around like nine months), Jamie was fascinated by books and later by the stories I told her before bed. As Jamie grew older and found her words, she would sit me down and tell her stories each night and I would repeat them narrating interesting stories each night so

I could share them with her.

One night I was particularly proud of myself for sharing a story about a lonely library book and Jamie loved it ... so much in fact, that she insisted I tell her more about this girl, Jamie and the lonely book. So I added more information to the story each time I told it.

This is how Jamie and I began. Jamie and her mother came to be. Four-year-old Jamie and her mother travel to the library with week to select new books and Jamie's boundless imagination takes her on a trip that will never forget.



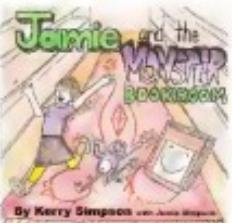
Author Kerry Simpson with Jamie

This story is symbolic of how I want Jamie — and every child who reads this book — to experience real life bonding, imagine, reading can increase, and reading can soothe.

Jamie is now four years old and is the co-author of our first picture book. She and I continue to write our short fair stories on the white ones board in my kitchen and I look forward to co-authoring another book with her.

Illustrator Erika Polenov brought the story to life with her vivid pictures and creativity. Thank you, Erika, for helping to make this dream a reality.

For more information or to order *Jamie and the Monster Bookroom*, contact Kerry Simpson at ksimpson@juno.com



By Kerry Simpson, illustrated by Erika Polenov

Jamie and the Monster Bookroom by Kerry Simpson with Jamie Simpson, illustrated by Erika Polenov, was awarded Honorable Mention in the Children's Book category of the 2014 Great Midwest Book Festival.

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



I've heard that honeybees are disappearing. What's happening to them? — Kaylee

Dear Kaylee,

The disappearance of honeybees has been boggling bee biologists since the early 1990s when some bee farmers, in particular, started to notice something strange happening to their colonies. They would wake up one day to find that all the adult worker bees had mysteriously disappeared without a trace! Only the queen, her baby brood and some young worker bees remained in the colony with no ample amounts of honey. Beekeepers had no idea what was happening to these honeybees they called it "disappearing disease". Now, after 20 years of studying the problem, researchers still don't know exactly what causes it. Researchers believe it could be a combination of things that stress the bees out, such as diseases, harmful pesticides and nutrition. But don't worry about Kaylee because so far colony collapse disorder has not been typically found in Saskatchewan, but it is good to know as we rely on our bee friends. Come and learn more about honeybees at the Meewasin Valley Centre for the month of February. Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

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INDEX

ON THE COVER PG. 6



After struggling with an ugly interior, Sackville owners Anthony Bedruka and Herb McFaul are helping make their first acquaintance at Certo Paint's studio. PHOTO BY MICHELLE BERG

TABLE OF CONTENTS

READ MY BOOK — 2

Semic and the Marlow Bookroom co-written by mother and daughter team

SPACES — 4

Rene turns seven-storey condo into unique urban abode

ON THE COVER — 8

Herb McFaul and Anthony Bedruka, two young people transformed through Certo Paint

GARDENING — 12

Sourcing heirloom seeds at a market in Canada event

IN THE CITY — 14

A moment in time: Photographer Michelle Berg's shot that defines the week

CROSSWORD/SUDOKU — 15

EVENTS — 18

What you need to know to plan your week
Send listings to: events@thescarphouse.com

OUTSIDE THE LINES — 20

A whimsical colouring contest for lots of off-beat art by Sophie McKee

WINE WORLD — 21

A winter holiday cheerwine bouquet of floral essence

SHAPE UP! — 22

Workshop guru lets the tools they need to live a vibrant life

ON THE SCENE — 24

Live from the Roxy: The Academy Awards broadcast

SPACES P. 4



Jane Sackville's interior designer chose bright colours to complement the mainly black and white decor of her condo. STYLING: PHOTOG. BY MICHAELLE BERG

BRIDES COVER PHOTO BY MICHELLE BERG

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SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

SASKATCHEWAN'S BEST SPACES

Scrimgeour didn't stop at black and white

By Ashley Martin

WHO? Jen Scrimgeour

WHAT?/WHERE? Her seven-storey condo in west Regina

WHEN? Scrimgeour moved into the unique 1971 condo complex in 1993 and began renovating in 1996. It was a year-long process and consequently has been the longest shelf

WHY? Scrimgeour grew up in England around 1970; however, when she came to Canada, she brought some of her taste with her. Her previous decor was realistic with tons of blues and umbrellas in soft colors and earthy gold.

Then one day four years ago, she woke up and decided it was time for a change.

"Your home is your nest; you need to embrace your home. To feel very comfortable in your home," she says. "For some people... this would not be their comfort level at all."

HOW? It happened gradually first with paint—a maize colour called cad wine which she found at HomeSense. Then she bought some black chairs and started semi-random things silver—her friends call her the spray paint queen. She redid her flooring, replacing some of the leaky coloured carpet with a "twinkly" shade and adding some slate tiles.

In 2007 she opened up her kitchen and gained more space by adding a moon-shaped counter top.

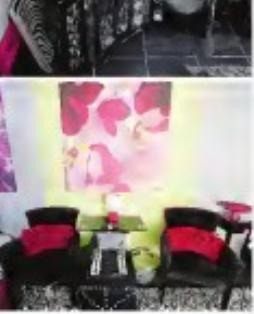
She has swapped in other paint colours there recently with pink, green and grey adding to the largely black and white decor. She describes the finished product as urban chic.

Scrimgeour is a huge fan of paint colors. She's strict with her color scheme — lime and tangerine on display match the accent colors — and has tried not to overdo on black.

For instance, she frequents HomeSense Boutiques Home and York, and has discovered some good finds at Rose, See's Clearance, London Drugs, Salvation Army and Value Village.



SPACES



She likes to maximize art, much as possible. She has spray-painted letters, stickers and bubbles for inexpensive decorating. She once painted the fabric from a lampshade to redecorate a sitting room.

What she can't reuse, she sells on Used Rumm or donates.

While renovating can be overwhelming for some people, St. Onge says it's not.

"Change can be fun; change can be good, but sometimes change can be very stressful and if you're out of your comfort zone it can be very, very uncomfortable for some people. But when it comes to home decor there's not too much that would scare me."

She and her husband still live in their off-the-grid homes during their renovations.

"I'm a bit of a 'what's old' so since she says, "These days they actually want out of living and we didn't necessarily have a home in order to live in for a year and then sell it. We just really enjoy renovating."

Her favorite room in the house is her bedroom — "it's my oasis," she says. She's enjoyed having a French bedroom since childhood.

"My father he always made sure that I had a really pretty bedroom... He always made sure I had pretty sheets; they always have little laceborders on them or they were pink."

He once taught her to peddle headboard to match a comforter.

So dangerous loves the different looks of her castle — it's good because she says, "she has lots of character." The bottom two levels are efficiencies (a back door on the first level, front door on the second level, one middle level is a landing).

The denverite in the home also makes it difficult to put anything on the stairs.

In sum, she says, the large zambia-covered sofa is like an added room. "It brings a bit of the indoors outside, and vice versa."

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ON THE COVER

ANTHONY BIDULKA AND HERB MCFAUL

Then and now: Growing up gay in Saskatchewan



Anthony Bidulka (left) and Herb McFaul (right) in Canoe Park, Sask., a summer leadership retreat for sexual minority gender variant and allied youth. (In Saskatchewan in 2005. PHOTOS BY MICHELLE RING)

By Jonathan Charlton

Anthony Bidulka has a vivid memory of the first Camp Firefly in Saskatoon, back in 2005.

"It was the first day you had the opportunity to introduce themselves to their peers, but they shied away."

"It was like watching 50 little rollers who took their hats off, had their hoodies on, their heads were down," he remembers.

"You wouldn't hear most of them. They were either shy or frightened or nervous, no confidence at all."

When Bidulka returned just four days later, the kids had completely changed. They talked for hours.

"They were so emboldened and full of life and confidence. It showed us what four days do when you're told you're OK, when you feel safe."

"Now, instead of being tall you're different or you're not good at

you're a decent (shameful) person an important person and there are other people like you."

Bidulka, a chartered accountant turned author, who penned the Best-Selling mystery series *He Has Head*, (Herb McLeod), is a certified financial planner. Since being introduced by a mutual friend, they've been together for 20 years.

The first Camp Firefly began at the University of Alberta in 2005. The

I had no idea there were other kids going through what I was going through.

— Anthony Bidulka

people went to Edmonton to see it as a pilot, and came home determined to start one in Saskatchewan.

In 2006, the couple got married. They started grants to raise donations to set up the camp, intended for sexual minority gender variant and allied youth.

The Saskatchewan retreat runs each summer and alternates between Saskatoon and Regina. About 50 youths come each year, and organizers work particularly hard to recruit participants from rural and remote parts of the province.

The program is also expanding with a Camp Firefly co-ordinator set to travel to schools around the province providing information and support.

Entry fee is \$85 per donation, or the cost of the camp. Professionals like psychologists, police, clergy andologists and teachers volunteer their time to work with the participants.

I'm soon at retirement age, but I see these 14-year-olds expressing themselves in a way I wish I could have done myself back then. — James McNinch

"By the time they leave, they're considerate and feel the beat almost themselves," McNinch said. "They can go back to their community on La Ronge or Nipawin or Melville or Regina, and be a bit of a leader for change."

CTV recognized the couple's efforts by naming them Saskatoon citizens of the year for 2004.

James McNinch, an education professor at the University of Regina, was another key player in getting up the camp. He sits on the provincial board with McNeill and Bobbi, and volunteers at the camp kitchen.

McNinch, who is also gay, said the camp isn't just for the campers — it changes everyone involved.

"I think I probably become a more sensitive, compassionate person. I'm soon at retirement age, but I see these 14-year-olds expressing themselves in a way I wish I could have done myself back then."

IN HIDING

Camp Foothills is the kind of place that would have come to mind when Michael and Hediya were growing up 40 years ago.

Hediya grew up in a home near PrinceGeorge. It was a small community with just seven students in his graduating class.

Until he moved to Saskatoon for university, he believed there was no one else like him, he said.

Graduated Aug. 8



Memories from Camp Foothills at Anthony DiSalvo and Herb McNeill's home. (Photo: MICHELLE BIRD)



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They were so exuberant and full of life and confidence. It showed us what four days can do when you're told you're OK, when you feel safe. — Endalka



Endalka holds a photo of herself giving the valedictorian speech at her high school grad.

PHOTOS: PHOTO BY MICHELLE BENS

"Like any parent, you just want your kid to be happy, and I think they did everything they could to make that happen. But I was too busy bawling," he said.

What he really needed was for someone to say, "I know who you are, and you're OK, and I'll be there to get better."

Looking back, he can't think of who that might have been — no friends or teachers trying to stand in parental allies. A program like Camp Pyrely might have spared him from thinking about that, he said.

My fondest wish was to go to the high school dance and dance with who I wanted to dance with.

— Herb McPaul



Herb McPaul holds up a commemorative plaque from when his father, Jack McPaul, was awarded Citizen of the Year in 1979. (RONALD PHOTO BY MICHAEL ELETZ)

It was only when he arrived at university in 1969 that he met other gay people, discovered his sexuality and began to accept himself. By the time he was an adult, nearly 30, he was ready to come out to his parents.

Their conversation was as hard as he expected, and the relationship needed to start over, but it did begin a change. Now, he has another treat: McPaul just as well... or even better... than any of his other sons in law.

The parents of Penticton campers can also have a hard time when they meet their newly confirmed kids at the end of the program.

"For some of them, it was a shock. They didn't know what happened to their kid," LeTour-

et musings we needed to bring them into the fold too," LeTourneau said.

Pettitaine's concern with parents is the last day to realize what has been going on, and parents get a chance to have their own struggles.

Baldwin and McPaul have heard a wide-looking former break down in tears, expressing that the bullying he has suffered would stop. One mother thanked the camp for giving her back her daughter's dignity.

They've heard another mother admit that she just didn't understand her daughter, and didn't like what she was becoming. Baldwin said he advised her honesty.

Continued on Page B10

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When, instead of being told you're different or you're no good or you're a deviant, (hearing) you're an important person and there are other people like you. — Andruka

"That was step one for her and she was there. And I think that's amazing."

For McNeill, centre of eye in a local school of 1,800 students in Saskatoon, it was easier to blend into the crowd and avoid notice.

Without role models, however ... that was decades before TV shows like *Will and Grace*, or *Ellen*, he noted. "I couldn't really think."

"My brother and wife go to the high school dances and dances with who I wanted to dance with."

Instead, even though he wasn't out to his family, he developed a close relationship with them. He passed himself into his stations, and learned the paths visitors and campers outside school. He was also heavily involved in his United Church.

A NEW DAY

Brian Helgeland, of Saskatoon, first attended Camp Pyrefly three years ago, at the age of 30.

Born female, Brian had already made the

transition to being male. He was in a good place, with a supportive family.

He quickly became a mentor to other campers — since then, he returned as a facilitator and is now also a board member.

"I don't think I've ever been in a place that's been so accepting and positive," he said.

Increasingly, kids who arrived scared and closed off leave as some of the most social campers.

Camp Pyrefly is important because the Saskatchewan LGTBTH community is still small and people can face stigma, he said.

"It's important for these kids to feel like they belong."

Rebecca remembers looking through the phone book for help, and even searching the library to try and hope for a hook up being gay.

"I can't imagine what it would have been like to be a kid and to see these TV shows and see these movies and go on the Internet and just find what support groups are out there."



Camp Pyrefly began in 2000 and invites, mostly from the Saskatoon and Regina regions. PHOTOS BY RACHELLE PRING

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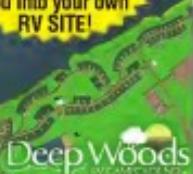
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What I really needed was for someone to say, 'I know who you are, and you're OK, and it's going to get better.'

— Bidulka



Herb McLeod and Anthony Bidulka (right), reduced inmates in 2008, with their Chihuahuas Magic and Alaska in their hotel room of salvation. (PHOTOS PHOTOS BY MICHAEL LEWIS)

A normal minority teen in 2011, on the other hand, can expect with her peers at the click of a mouse. One of Bidulka and McLeod's concerns after the inaugural Pyno camp was that kids would eventually drift apart; instead, they formed a supportive core mainly through social media.

And while social media can breed cyberbullying, those interactions can easily can't do, McLeod said.

McLeod also pointed out that since social norms, laws have changed. If it's legal for gay people to marry and adopt children, for example,

"it's a gradual change, and youth, particularly in rural areas, can be still behind. That's why Camp Pyno is still important."

"To watch these young men and young women get unshamed, have kids, be accepted in the community it's an tremendous change," McLeod said.

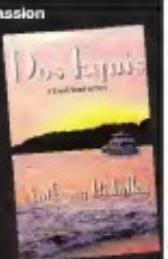
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Following a passion

Anthony Bidulka left his 10-year career as a chemical accountant in 1990 to turn again into what follows: a hobby he had started in his youth.

He created the says-sold-out website DivaEggs.ca.
DivaEggs.com
Anthony Bidulka



As he turned 40, one of his most notable e-commerce ventures, RockyMountQuince.com, closed. Bidulka wanted to start out on his own again, but he also loves playing with a new passion: chess.

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GARDENING

SEEDY SATURDAY

Sourcing heirloom seeds at made-in-Canada event

By Erl Svendsen

The event of the year for gardeners is coming soon.

Seedy Saturday was started by Karen Rempel who was searching for local heirloom vegetable, flower and wheat varieties for an 1890s garden project at the Great Mill and Gardens in Kitchener, Ont. C

Her first event in 1999 at the Von Damm Botanical Garden in Victoria brought out 100 people. She sold seed packets, and the group emerged and bought their own. A few local seed companies were on hand selling open-pollinated varieties as well as representatives from conservation and health organizations.

Since then, the event has spread across Canada, the United States and Europe. Roots of Diversity (www.roots.org.ca), a charitable non-profit organization interested in preserving heirloom seeds, helps local Canadian groups host Seedy Saturdays and Sundays.

Seedy Saturdays everywhere follow a very similar model to that first one in 1999. There's usually a trade show where local seed companies have heirloom, open-pollinated varieties for sale. There can be several local agriculture exhibitions interested in health, food security, sustainability or farm issues and like Sharona's first event, there are usually presentations about local or regional food issues and opportunities, purchasing or new trends in food production.



A selection of heirloom beans from columnist Erl Svendsen's garden; from left: Dark Red Kidney, Yellow Pea, Butterbean, White Lima Bean, Greenish Retato and White Willow Pea (courtesy of Roots).

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- Absolutely no collections, just door-to-door delivery

GARDENING

You may be wondering what all the fuss is about heirloom seeds. I've found generic heirloom varieties common, but there are culture-specific heirlooms.

A friend of mine found some of her late grandmother's bean seeds. She planted them to see if they were viable and to her surprise, enough came up to continue the amazing growing cycle that her grandmother had prioritized for decades. Because of my Norwegian heritage, I was curious to try "Swede beans" (Norwegian brown beans) last year. They grew like gangbusters and ripened in early September. They make excellent baked beans.

Seeds cannot be shared forever — they lose their viability with each passing year even under ideal storage conditions. They need to be planted out periodically to generate fresh seed for storage. And it might surprise you to learn that not just

beans, tree-heirlooms and lupines are important in preserving heirloom genetics.

Growing heirloom seeds has prime importance, thanks to the increasing interest in community gardens and organic farming. Furthermore, the federal government has long had an interest in preserving old varieties (and wild crop relatives) due to their potential to contribute to new variety development.

The Plant Gene Resources Centre in Saskatoon, part of Agriculture and Agri-Food Canada, is a literal warehouse of seeds through time and from across the world. Many other countries have similar seed banks.

BENEFITS TO GROWING HEIRLOOM VARIETIES:

- Diverse and represent a huge storehouse of genetic information
- Locally adapted in terms of all



Heirloom crops are usually non-hybrid, non-selective, and pest- and disease-

- Repeat a longer harvest window because they are not genetically uniform as modern cultivars
- A longer harvest window means you can eat fresh produce over a longer period instead of everything ripening at the same time
- You can expect a harvest every year because their variability ensures that some will be adapted to

whatever the growing conditions might be. On the downside, they may not be resistant to insect damage and faced pest invasions.

Third of the seriously annoying question master? Consider breeding with Saskatchewan garden author Sean Whalen who recently organized a national small group garden tour in Manawa, March 28 to April 7. Call

SEED SATURDAY IN SASKATOON

- March 29, 10 a.m. to 4 p.m.
■ M. L. Ry's Market and Education Centre, 237 Ave. N, South Saskatchewan River Valley.
- A wide range of seeds to cover the needs.
- For information on Seed Saturday, contact Saskatoon & Manaw, 1-866-919-5333 or 306-242-1700.
- For information on Small Group Garden Tours, visit www.saskgarden.com.

5888-788 2315 or email info@seedsat.org for information.

This column is presented courtesy of the Saskatchewan Horticultural Society (saskhort.org). Check out our website Board of Directors for upcoming garden information and events.

International Women's Day

Join us for the screening of *The Motherload* with guest speaker and discussion moderator, Lisa Dutton of Global Television.

This film takes an in-depth look at the subject of working mothers - the triumphs, challenges and issues that arise when women feel they have to do it all.



Wednesday, March 4, 7:00
Frances Morrison Central Library, Theatre
Reservations: 306-242-1700

Guest Speaker – Lisa Dutton

Thank-you!

To the 5,000+ people who visited Frosted Gardens, thank you for coming! To the amazing sponsors & volunteers, we couldn't have done this without you! To the Saskatchewan Media – your support was tremendous!

The most popular ice sculpture was Angel Fish Kiss by Takeshi Ito. The winner of a night at the Beeswax with Sarah French is Ray S. There were two photo contest winners, Sally N. and Ryan L. Visit the photo gallery at frostedgardens.org.

The Professional Ice Carving Society of Saskatoon

PRESIDENT SPONSOR



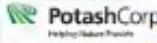
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Sarah French
Ray S.

Photo Contest

Sally N.
Ryan L.

Photo Gallery

FrostedGardens.org

Thank you for your support!

The Professional Ice Carving Society of Saskatoon

IN THE CITY

FEBRUARY 18, 2015 - 3:37 P.M.

Table top yoga



Brent Crockett/Hoodie Schwan and Shelly Staats practice their Anti-Gravity Yoga routine at the Capitol Music Club in preparation for the Pre-Party Launch Party on Feb. 21 – the official fundraiser and launch of the 2015 Sunriser Hoodie Festival. Photo by Brent Crockett

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

- CROSSWORD**
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Library instructor 35 "Cheat" until 36 Get to know? 37 "Rock" in vector font, and sometimes in this puzzle 38 "Rock" 39 "Rock" 40 "Rock" 41 "Rock" 42 "Rock" 43 "Rock" 44 "Rock" 45 "Rock" 46 "Rock" with singular 47 "Rock" 48 "Rock" 49 "Rock" 50 Following the same 51 Hand requires in the 52 "Rock" 53 "Rock" 54 "Rock" 55 "Rock" 56 "Rock" 57 "Rock" 58 "Rock" 59 "Rock" 60 "Rock" 61 "Rock" 62 "Rock" 63 "Rock" 64 "Rock" 65 "Rock" 66 "Rock" 67 "Rock" 68 "Rock" 69 "Rock" 70 "Rock" 71 "Rock" 72 "Rock" 73 "Rock" 74 "Rock" 75 "Rock" 76 "Rock" 77 "Rock" 78 "Rock" 79 "Rock" 80 "Rock" 81 "Rock" 82 "Rock" 83 "Rock" 84 "Rock" 85 "Rock" 86 "Rock" 87 "Rock" 88 "Rock" 89 "Rock" 90 "Rock" 91 "Rock" 92 "Rock" 93 "Rock" 94 "Rock" 95 "Rock" 96 "Rock" 97 "Rock" 98 "Rock" 99 "Rock" 100 "Rock" 101 "Rock" 102 "Rock" 103 "Rock" 104 "Rock" 105 "Rock" 106 "Rock" 107 "Rock" 108 "Rock" 109 "Rock" 110 "Rock" 111 "Rock" 112 "Rock" 113 "Rock" 114 "Rock" 115 "Rock" 116 "Rock" 117 "Rock" 118 "Rock" 119 "Rock" 120 "Rock" 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JANRIO CLASSIC SUDOKU

Level Silver

Fit in the digital cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty levels range from Silver (easiest) to Gold (hardest).

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| 5 | | 8 | | | 6 | | | |
| 4 | 3 | 1 | | | | | | |

Sudoku is the most popular puzzle ever developed.

Authentic Amish Cooking



Copyright © 2009 Linda and Steve Miller

Butterhorns

- 7 C. Milk
2 T. Sugar
1 Egg, beaten
1/2 C. Butter

Bring milk to boil. Add shortening or butter, sugar and salt. Cool to lukewarm. Add yeast dissolved in water, then the egg. Stir in flour gradually to form a dough. Beat vigorously. Cover and let rise for 1 hour or longer. Roll out and cut. Place in plates and let rise again for 15 minutes. Brush logs with butter. An easy recipe. A definite favorite. Can also be used for cinnamon.

Photo courtesy of Linda and Steve Miller

www.lindamiller.com

www.buttermilkbiscuit.com

www.amishcooking.com

www.sasktel.net

EVENTS

MUSIC

Wednesday, Feb. 20

Dusty Roots Band
Beds on Broadway,
177 Broadway Ave.

Jazz Jammin' Jazz Jam w/ The Brett Eaton Trio
The Basement, 204 Fourth Ave. N.

Shred It All w/ The Dead

South and Myles and The Monks

Louie's Pub,

50 Campus Dr.

Panacea in Years: Hosted
Cathedral, Chud Muzik,
Saint Ivesine, Halpans,
Greenmont and DJ Asterion
The Local Caffe Bar,
187 Third Ave. S.

Thursday, Feb. 21

The Penny Dogs
Cafe 45 Restaurant & Lounge,
1-227 Franklin St.

Daybreak
Beds on Broadway—
177 Broadway Ave.

Hoots Series: The Whiskey Jars
The Basement,
204 Fourth Ave. N.

**Keepers in the Round w/
Good Earth**
Vangelis Tavern,
801 Broadway Ave.

Single Mothers w/ The Ditty Hill and the Pops
Capital Music Club,
244 First Ave. N.

Fri., Feb. 22

Hightails
Beds on Broadway,
177 Broadway Ave.

Driftwood
Army & Navy Club,
309 First Ave. N.

Piano Tritter: David Feng
Reets Series: Therese

Sekyra



Rob Flynn and his metal band Mitchell Head perform at O'Mara's Events Center on Sunday. PHOTOGRAPH BY PHOENIX

The Basement,
204 Fourth Ave. N.

The Standards Trio
Majestic Ballroom,
2130 Eighth St. E.

The Hand Wagons
Town Town Tavern,
3320 Fairlight Dr.

Scalp's Rhythm Kings
Carlfield Senior Citizens' Centre,
1011 Fairmont Ct.

Ariffs w/ Dear Rouge
O'Brien Event Centre,
241 Second Ave. S.

**The Basement Paintings w/
Silent Era and Ave Sol**
Antique Centre,
800 Gaffney Ave.

Black Vienna w/ Janine
Capital Music Club,
264 First Ave. N.

Idle Hands
Stone's Place,
106-110 Sixth St. E.

Java Java
Papaya Pub and Grill,
1602 Oldwyld Dr. N.

Saskatoon Sognersheim
Glosscoast

Vangelis Tavern,
101 Broadway Ave.

Grandola w/ The Bad Decisions
Rock Station,
1542 Broadway Ave.

Sat., Feb. 23

Nighttime
Beds on Broadway,
177 Broadway Ave.

Piano Saturdays: Meurice
Drouais
Big Head Sister Stone
Frigate Big Band/ Robyn Knight

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

The Basement,
204 Fourth Ave. N.

Driftwood
Army & Navy Club,
309 First Ave. N.

Terry Hodges
Nubiana Legion,
3021 Lumsden St.

Dance Party: Helpline
Rhythms Kings
Downtown Lofton,
600 Sycamore Cres. W.

The Last Rite
McNally Robinson,
2320 Eighth St. E.

West Gang w/ Flat City and
Kurt Shives
Antique Centre,
800 Gaffney Ave.

The Glassy Chassis w/ The Department Heads
Capital Music Club,
244 First Ave. N.

The Electric Revival
Rock Station
8400 Broadway Ave.

Idle Hands
Stone's Place,
106-110 Sixth St. E.

Jefferson
Pogo's Pub and Grill,
1043 Oldwyld Dr. N.

Sun., March 3

Accessory Jam
Beds on Broadway,
177 Broadway Ave.

Macine House
Ottawa Event Centre,
241 Second Ave. S.

Mon., March 4

Marc Holt Quartet
Bon Temps Cafe,
232 Second Ave. S.

Tues., March 5

The Wicked Grin
Beds on Broadway,
177 Broadway Ave.

Humane

ART

The Quill at Frances Morneau Canadian Library
Until Feb. 26 at 311 33rd St. E
Her Story by the Local History Department (LHD), A traversal
through photographs of Saskatoons early batter chicks and
beauty parlours

SOYAP Art Gallery
Until March 6 at 252 Third Ave. S.

Three Tiaras to Expressions
by Linda Kallepaa, Recitation
Feb. 26, 6:30 p.m. to 9 p.m. The
Spring Show by Art Quest Group
March 3-27 Reception March
26, 6:30 p.m. to 9 p.m.

The Innuoswest
Feb. 27, 7 p.m. to 9:30 p.m. at
224-226 St. S. Toronto pub-
lisher Roger Bywater introduces
his latest exhibit books a look
at a post-war sheep and invention
open to the public

Mandolin Art Gallery
Until March 22 at 950 Sycamore Cres. E. New winter exhibi-
tions include Bottling Up War;
War Rugs from Afghanistan;

Up! Up! Up! by Swiss artist Ursula Elmerova; Concurring
Ceremony Events; recent works
by Saskatchewan artists

Taylor Campbell and Karen
Quinn's "A Good Country";
Glen Study's Canadian
archive of Border Crossings art maga-
zine; and the RBC Artists by
Artists mentorship program,
reflecting Manitoba Martini's
mentorship with Courtney Miller, Saskatoon Spinners
and Winnebagos Goldie plus a
dinner March 1, 2 p.m.

Artistry Bakery
Feb. 27 until April 11 at 812
Broadway Ave. **Canciller**: An
exhibition of print and video-based
installations by Powers

Thurs., March 7, 7 p.m. to 9 p.m. Artists talk
March 7, 2 p.m.

Black Art Society
Until March 28 at 1818 Lorne Ave.
Artwork by Pooyi Mortensen.
In the Galaxy by John Dudley
runs March 1-31 Reception
March 2, 7 p.m. to 9 p.m.

EVENTS

Paved Arts

Until Feb. 27, 8 p.m., at 424 29th St. W. Good Guy Bedding by Bill Johnson

Art in the Canoe

Until Feb. 28 at Penobscot Centre, 140 Grosvenor Cres. Works by the Moosehead Art Group

STIM Gallery

Until Feb. 28 at St. Thomas More College, 1427 College Dr. IMPRESS by University of Saskatchewan Intermediate Printmaking Students

Looked: Colour Collage

Until Feb. 28 along the riverbank from the MacKenzie Valley Centre to the Mendel Art Gallery. An installation in the trees. By Marianne Martin with support from Sask Tuna members.

Saskatoon City Hospital Gallery on the Bridges

Until Feb. 28 on the sixth floor of the atrium at Saskatchewan City Hospital. Watercolour landscapes by Paula Clark and contemporary textured acrylic paintings by Marlene Hennig. New Directions: Trees through February. Recent acrylic paintings by Michael J. Martin.

Studies Arts Centre, Regina

Until March 28 at 701 Railway Ave. In-Rooms Reception: March of the Weeds, Tiny Watercolours by G.A. Cork and photographs by Greg Griffin.

AKA Artist Show

March 1-15 at 424 29th St. W. Ink Stain Printmakers.

Prarie Star Gallery

Until March 16 141 1136 Eighth St. E. SOLD by Michael Ivanenko

Darrell Bell-Gallery

Until March 14 406-103 21st St. E. New works by painterly artists and printmakers John Baker, Daniel Cudmore, Michael Chiaro, Marc Cusack, Remmenga, Joe Jafolla, Kyle Hernane, Jeff Forrest Little, Zachary Lepert, Adrián Sisonson and David Thiburgson. Featuring a new



Seasons of Fields by Patricia L. Clark is on display at the Saskatoon City Hospital Gallery on the Bridges.

selection of textiles by Mervent Ulrike.

Ika's Gallery/Art Placement

Until March 5 at 228 Third Ave. S. 5 Paintings by Lynne Cahalan. A recent artist of still-life drawings.

Eye Gallery

Until March 20 at 101-132 College Dr. Inside Outward, photographs by John Perrot.

Hennebards House (Showcase)

Until March 21 at 110 710 Broadwater Ave. Something's Fishy, a themed exhibition of works created for the world: Americans of Handmade Houses.

Humberlitt and District Marquetry & Gallery

Until March 27 at 601 Main St. in Humboldt. Contrast: a local perspective exhibit by the Saskatoon Potters' Guild.

Kating-Pisa Art

Until March 28 on the eighth floor of the Beaconsfield Ho-

tel. Modern bronze sculptures and acrylic paintings by Arlin Gohler and centre-imaging oil paintings of landscapes and animals by Dean and Maxine Morris.

Keting-Pisa Art

Until March 21 on the eighth floor of the Beaconsfield Hotel. Modern bronze sculptures and acrylic paintings by Arlin Gohler and contemporary oil paintings of landscapes and animals by Dean and Maxine Morris.

Western Development Museum

Through April 2013 at 2000 Laire Ave. Big-Eart Travelling Stories: relationships with the North Saskatchewan Museum. A 10-year-old girl creates a story brought back to life through 3D imaging.

■ FAMILY

Stay and Play
Tuesday, Wednesday

and Thursday, 9 a.m. to 9:15 a.m. through April 10. For children ages 6 to age five. Structured, crafts, snacks, story time, toys, activities. Email klaup@playskoolcanada.com or visit [facebook page](http://www.facebook.com/PlaySkool).

Bikes and Bidders

Wednesday, 1 p.m., at Canopy Cinemas in The Centre. Choice of two movies each week. A family-friendly environment with lowered volume, dimmed lighting, a charging table and cooler parking to select the movies.

Backstage Writing: More & Baby Pictures

Wednesday until April 8, 2 p.m. Amron and Babbie Indoor exercise class. All fitness levels are welcome. Registration and information at saskatunewritingmoms@gmail.com or saskatunewritingmoms.ca. More.

Cla's Club and Play

Daily, 10 a.m. to 4 p.m., in Bay 3-5 Third Ave. S. Classes taught by Nina Zerd. For per-

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

4 of 619 South Riverway St. W. In Wascana Saskatchewon's newest indoor playground. For children up to age 12. Visit quadimbandplay.com or their Facebook page.

Paul Factors Indoor Playground

Daily at 1633C Quaker Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.

Children's Play Centre
Daily at Lawton Heights Mall. A fun, safe environment for preschool children to play. Please note this is an unstaffed play area, and adults must stay with small supervise children at all times.

Market Hall Children's Play Centre

Daily just off the Foodcourt at Market Mall. This play area is free and has different levels areas. Children must wear socks in the play area.

Seacrest Indoor Playgroup

Thursday, 9:15 a.m. to 11:30 a.m., through May, at Emmanuel Baptist Church, 1636 10th Street. An indoor playgroup for kids ages 6 to age 18. A bouncy house and toys for kids, designated infant play area, coffee bar for parents. Registration on arrival. Information at seacrest@seacrests.org or their Facebook page.

Pop Up in Play

Thursdays until May 21, 9:30 a.m. to 11:30 a.m., at Elmridge Alliance Church, 1075 Pendleton Ave. For children and their parents. Monthly themes, learning centres, snacks and occasional speakers. Information at office@inelated-families.ca.

Parents and Toddlers

Thursday, 9:30 a.m. to 10:30 a.m., and Saturday, 10:30 a.m. to 11:15 a.m., at Yogo Life, 3-5 Third Ave. S. Classes taught by Nina Zerd. For per-

sons and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, play and song. Classes are six weeks long. Register at freestreamingyoga@gmail.com, 306-361-5832.

Eveningfeeding

Thursdays, 7 p.m. to 11:30 p.m., at Westend Primary Health Centre, 2211 Heritage Dr. A drop-in support group for breastfeeding women. Session will be facilitated by a brief educational presentation, and time to interact with the other mothers.

Movies for Mommies

Thursdays, 1 p.m. to 11:30 a.m., at Movieplex Cinema in The Centre. An infant-friendly environment with reduced sound, change tables, bottle warming andrazier parking.

Shape Up! Studio

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawton Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing and a seated row. Participants are welcome to bring their own resistance bands. No classes on stat holidays.

Baby Talk at SPL

Fridays, 9:30 a.m., at Alice Turner Branch, Meewasin, 1030 3rd St. in Carlingwood Branch and 125 Weston Branch, and Tuesday, 10:30 a.m., at Elmwood Branch. Half-hour groups with other parents. No classes on stat holidays.

LLDC Resilience Evening Series Meeting

The last Friday of the month through April, 6:30 p.m., at 1015 Forest Dr. The topic is "The Adventures of Small Towns Finding Their Way." The evening will feature an interview with a local entrepreneur and a panel discussion with local entrepreneurs. No classes on stat holidays.

EVENTS

Kid Yoga Classes

Age 5 to 12 Saturdays, 9:30 a.m. to 10:30 a.m., at the Star Phoenix Community Center, 100 Monroe, 10 a.m. to 11 a.m., at Yogi Life, 2-18 Third Ave. S. Classes taught by Nina Zeff. Helps kids regulate emotions, Reduces reactivity, self-awareness and inner calmness, improves self-esteem, balance, strength, flexibility, coordination and body awareness classes are six weeks. Register or pre-enroll from tinyurl.com/y6yqzjy5.

Prenatal/Puerperal Workshops: Yoga For Childbirth

Saturdays, 10 a.m. to 4 p.m., at Birth Rhythms, 246 Third Ave. S. Instructional Yoga 2016. Learn various tools and techniques to help you through labor and birth. No previous yoga experience is necessary. Classes are six weeks. Register at tinyurl.com/y6yqzjy5; email: tinyurl.com/305-3514-8832

Whatever the Weather

Fri., 2/15, 10 a.m. to 1 p.m., at the Mexican Wave Cache, 402 4th Ave. S. Explore some of the weather extremes Saskatchewan has experienced through its history. Make a silly whatever the Weather 'do' to take home. A drop-in program for all ages.

Free Family Fun

Sundays, 3 p.m. to 4 p.m., at the Mental Art Gallery 950 Queen St. S. Ages 3 to 10 years four to 12 years, accompanied by an adult. An arts-and-crafts activity led by pottery artists. Supplies are provided.

Music and Baby Yoga

Mondays, 10 a.m. to 12:30 p.m., at Yoga Zone, 2-10 Third Ave. S. Classes taught by Nina Zeff. For newborns with babies as young as six weeks. Tone and strengthen your body. Learn relaxation and instability. Classes are six weeks. Register at tinyurl.com/y6yqzjy5.

Prenatal Yoga

Monday, 12:30 p.m. to 1 p.m., at the Star Phoenix Community Health Centre, 246 Third Ave. S. Beginner to intermediate yoga designed to help with



Check our Bridges Events listing for various yoga classes for all ages throughout the city tinyurl.com/305-3514-8832

Amish Barn Recovery: Safety

First class with a certified yoga teacher suitable for your needs up to two years postpartum. Register at tinyurl.com/y6yqzjy5; email: tinyurl.com/305-3514-8832 or visit tinyurl.com/y6yqzjy5

GenieLight Source (GLS) Public Hours

Mondays, 1:30 p.m., at the Canadian Light Source, 44 University Blvd. The synchrotron research facility is open to the public. Pre-registration is required. Call 306-651-3544, email: outreach@lightsource.ca or visit tinyurl.com/y6yqzjy5

Imperial Yoga

Mondays, 8 a.m. to 10 p.m., at ProPrenancy and Parenting Health Centre, 246 Third Ave. S. Taught by a doula and certified yoga teacher. Classes are open to anyone who is pregnant. Call 306-351-8443 or email imperialyoga@gmail.com. No classes on stat holidays.

Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace-Westminster United Church, Hosted by Prairie Hearts Learning Community, a group of families.

inspired by local physicians. Programming is aimed at children ages two to five, but all ages are welcome.

LiLi's Saskatchewan Tessellate

The first Monday of the month, 4:30 p.m. to 6:30 p.m., at 365 Little Cove. A meeting for mothers breastfeeding older babies/toddlers/children. Call 306-920-4220 or email LiLisKs@gmail.com

Paediatric Speech Therapy

Tuesdays, 10:30 a.m. to 11:15 a.m., at McNally Robinson, 1100 Eighth St. E. For children ages three to five in the City of Saskatoon. Call 309-960-1477.

Read & Paint

The first Tuesday of the month, 10:30 a.m. and Wednesday at 1:30 p.m., each month, at Wal-Mart Perkins, 5-3110 10th St. E. Children ages three to five years old. Each month features a different story, followed by a related painting project. March 3 and April 7. Read "Charlotte's Web" and paint "Cubbie the bean."

SCENE

March 2-5 at Broadway Theatre. Start: 8:30 p.m. an

evening of fun and games, for ages six and up, short animations on worlds of wonder, for ages eight and up a week reflecting the theme of the week, for ages 10 and up a game for ages 12 and up, a storytime workshop led by members of the Saskatchewan Native Theatre Company, and a documentary on the beadwork of Saskatchewan First Nations. Admission is \$10-\$12.

Ukulele Masters Talk

Feb. 25, 7:30 p.m., at Grace-Westminster United Church, 100 19th St. E. The Repertoire of 19th-c. Lutenists and Art by Alison Man

Engaging For Kids

Children ages four to 10 can learn about beekeeping and how to make their own honey. Includes a craft, a competition, and games with hands-on STEM enrichment activities. Get information and register tinyurl.com/y6yqzjy5 or call 306-970-4189.

BIG KIDS & KIDS! Basketball

Feb. 26, 6 p.m., at Provincial Park. An evening of celebration, fun, and entrepreneurial networking. Features Vans VJ Friend's "Dreadin' the Dream" as a main networking slate.

Keep Shakers and Break Drums

Feb. 26, 6 p.m. to 8 p.m., at the Royal Canadian Legion Building. Local chefs prepare a meal for participants, and assist participants in making about

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Seaskatecoo Public Library Programs

Offering early literacy programs for children and families. Find the calendar at tinyurl.com/y6yqzjy5

SPECIAL EVENTS

Seaskatecoo Farmers' Market

Open year-round, Wednesday to Sunday, 10 a.m. to 3 p.m., and Saturday, 10 a.m. to 5 p.m., farmers are in residence.

Tuesday to Friday, 10 a.m.

to 3 p.m., and Saturday and Sunday during market hours.

Food trucks are welcome.

Information at tinyurl.com/y6yqzjy5

Contact 306-970-8282, sdkm@skd.k12.sk.ca

Bargain Basement Store

Wednesday, 10 a.m. to 4 p.m., 130 3rd St. St. Paul United Church, 454 10th Ave. Clothing for babies, children, men and women, and jewelry. Funds raised support the LightHouse project.

Mayfair Carpet Cleaning

Wednesday, 11:30 a.m., at Mayfair United Church.beginners and experienced players are welcome. For information call 306-651-2331

Ukulele Masters Talk

Feb. 25, 7:30 p.m., at Grace-Westminster United Church, 100 19th St. E. The Repertoire of 19th-c. Lutenists and Art by Alison Man

Community Night

Feb. 25, 7 p.m., at Capitol Music Club, 234 1st Ave. N. Featuring Sean Leeson. Admission is \$10-\$12.

19th Annual Big Maruk Memorial Banquet

Feb. 26, 6 p.m., at Provincial Park. An evening of celebration, fun, and entrepreneurial networking. Features Vans VJ Friend's "Dreadin' the Dream" as a main networking slate.

Big Scramble

Feb. 26, 7:15 p.m., at Emerson Film & Media, 100 12th St. S. The film tracks the tumultuous rise of two musicians, Alan Newenham and Courtney Taylor, through their unlikely rise to fame. The film also includes a live performance by The Redline Drivers (formerly Powder Blue) plus live film at the after-

250 bowls of soup for women and children escaping family violence. Registration is required. No register and see more dates visit tinyurl.com/y6yqzjy5

WVU Out Loud Youth Poetry Slam

Feb. 26, 7:30 p.m., at Louise M. Davies Concert Hall. With an open mic. Info at tinyurl.com/y6yqzjy5

Ready and Me, Lehrer's Gassy Chauvinist Party

Feb. 26, 9 p.m., at Louise M. Davies Concert Hall. With an open mic. Info at tinyurl.com/y6yqzjy5

Women's Health & Wellness

Feb. 27, 9:45 a.m. to 1 p.m., and Feb. 28, 7:30 a.m. to 3 p.m. These sessions are healing, nutritious meals and a nice time for stretching and sweating. With author, speaker and wellness expert, Dr. Jennifer. For more information and registration at 306-354-9650 or esther@xcelnet.net

Plies and Parallel Discussions

Feb. 27, 10 a.m. to 12 p.m., at the University of Lethbridge. A coffee and panel discussion for Education Is Not A Crime, a global day of action. The film is based on the experience of Indian Canadian families who were forced to live 10 days in 2000 while a resort for new parents. Following the film, an three-member panel, Lawyer Kim Pichot, physician On Missten, and Senator Sami Sami will discuss the issues with the audience. Admission at the door for cost recovery. Information at 306-970-1203, cumming@skelnet.net

Summit

Feb. 27, 7 p.m., at the University of Lethbridge. A coffee and panel discussion at the door for cost recovery. Information at 306-970-1203, cumming@skelnet.net

Keep Shakers and Break Drums

Feb. 27, 6 p.m. to 8 p.m., at the Royal Canadian Legion Building. Local chefs prepare a meal for participants, and assist participants in making about

EVENTS

Grocery Beer and Cheese Festival

Feb. 20, 12:30 p.m., at Prairie Sun Brewery, 2020 Queen Ave. A fundraiser for Neats Creek Music Project, the festival features cheese, spirits and beer with live music by the Wab, the Old and A Driftin' Train. Tickets at 306-343-7030 or at Prairie Sun Brewery.

Adult Color Penning Class

Feb. 20-27, 6-9 p.m., at Westpointe Patterns, 3710 Eighth St. K & K ages 18+. Adults by appointment class is for those patterned. The project is theory in this. Register at 306-373-3219.

Double Walker: The Stage Show

Feb. 27-28, 7:30 p.m., at The Treasury, 606 Balfour Ave. Comedy magic with a twist: Clean comedy with audience participation. Tickets at 306-653-5191, onthebooks.ca.

Carpet Bowl

Feb. 28, 12:15 p.m., at Nutana Legion Hall, 3821 Louise Ave. Hosted by the Nutana Senior Citizens Association, lunch and coffee are available for a fee.

Paint 'n' You Fest

Feb. 28, 1 p.m. to 5 a.m., and March 1, 1 p.m. to 5 a.m., at Wall Paint Patterns, 3710 Eighth St. A two-night art extravaganza with four shapes and six new techniques. Register at 306-373-3219.

SPCA Dinner

Thursday, Feb. 28, in room 101 at Arthur Community Centre, and Clarence Ass. at Saskatoon International PolkaFest. Luncheon diners from many countries around the world. First night is free. Visit www.eventbrite.com.

Agape Services

Feb. 28, 7:30 p.m., at TCU Place, Saskatoon Symphony On the Heath's Masters Series. Featuring musical guest Edith Bishop. With works by Charlemagne, R. Wagner, Ivan Galia and Rimsky-Korsakoff.



Boz Blackshear will be one of the performers at the Saskatoon Blue Note festival, which runs until March 1. Photos: Bill PHOTO BY MICHELLE HO

Grocery Beer & Dry-Cured Meat Tasting Event

Feb. 28, 7:30 p.m., at Riversdale Distillers & Market, 101 20th St. N. Fortescue. Email info@riversdalemarket.ca or call 306-954-3355.

Drumming Circle

First Sunday of each month, 1 p.m., at The Umbrian Centre, 210 Second St. E. Registration is welcome.

Saving Concert

March 1, 8 p.m., at Knox United Church. The University of Saskatchewan Chorale presents a concert featuring spiritual, classical, sacred and secular folk songs, and surprises in a variety of languages and styles, featuring works by Britten, Schubert,

Grove and Vaughan. Tickets at Michalay Robinson, from choir members, or at the door.

The W in Runway

March 1, 1:30 p.m. to 5 p.m., at Louis' Loft, 935 Campus Dr. Presented by W. Brussels Corp. Catwalks, fashion shows and information on local brands. In attendance are international models who will showcase accomplishments for their. Tickets at www.wrunway.ca.

1000 23rd St. W. Features 11-year-old violinist Ave Leshnoff. Classical works and fiddle tunes. Admission by silver collection at the door.

The Next Step Live on Stage

March 1, 7:30 p.m., at TCU Place. The Next Step Live on Stage provides an interactive audience experience for all ages. Featuring music from the TV series. Tickets at 306-978-7798, saskatca.ca.

Seaside-on-Bluff Festival

March 1 through March 2, 10 a.m. to 4 p.m., at Seaside on Bluff. The festival features the best in food and craft beer, and a variety of the multi-faceted music scene known as the Blue. Featuring E.C. Rain/George Tenants Duo, Dick Instru & The Nightcats, Nikolai Hill, Brian

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McNameev, Ray Book/Binder and Bob Margolin. Tickets at Cherry Insurance, Long & McQuade, McNally Robinson, St. John's Music or saskatcanmusicociety.ca.

Rebecca Gomperts/ Women on Waves project. Admission by donation at [care.org](http://www.care.org).

Seven Days that Transformed the World

March 3, 6 p.m., at Haze and Hydrant Brewing Company, 821 11th St. E. Martha Smith-Hicks talks about the Day America Dropped the A-Bombs. Events like www.care.org are welcome at [care.org](http://www.care.org).

Comedy Night

March 3, 9 p.m., at Peppi's Deli and Grill, 1033 14th Street S. or M. with 302 Head.

Book Signing of McNeilly

Regular book signings at McNeilly Robinson, 3730 Eighth St. E. For schedule and information visit mcneillyrobinson.com/booksigning_events.

English for Employment Classes

Hosted by The Saskatoon Open Door Society. Improve English pronunciation and communication skills and learn what you need to find work. Call 306-653-5190 or email ghenri@sdos.ca.

Career Options For English Majors

March 3, 2:30 p.m. to 4 p.m., in Arts 217 at the U of S.

Learn how the skills you acquire with your English degree can get you jobs and prepare you for graduate programs. Job panel by U of S English grads and advice on skills and careers from the U of S 5-Center. Refreshments provided. To register go to www.saskatca.ca.

Circle of Voices

March 3, 7:30 p.m. to 9 p.m., at the University of Saskatchewan. The Circle of Voices is a non-profit ReconciliACTION Group and Women in Law. An introduction by Diana Whalen precedes the screening of the documentary about Dr.

The House You Build

March 3, 2014 to March 3 at Studio 914, 914 20th St. W. Presented by SMTG. An audience member is asked to speak a word, read a poem or sing a traditional song. Features 14-15 Circle of Voices. Tickets at www.saskatca.ca, 306-653-7129.

The Mo-Mo's

Feb. 27, 9:30 p.m.-11 p.m., at La Perle, 308 Fourth Ave. N. Performers Kennedy Kreeplo perform. Admission at the door.

Print delivery via our community service office at jonesgroup.ca. Jones will begin to replace print subscribers in late March before the annual rate increase.

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please lots of age groups.

Children can colour the page, have a picture taken with the finished product and email it to bridge@cheataphoenix.com. One winner will be chosen each week.



Last week's contest winner
is Brynn Detwiler.
Thanks to everyone who
submitted entries!



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SHARP EATS

See a food trend you think deserves a highlight in Bridges?
 Email bridges@thestarphoenix.com
 or visit Bridges on Facebook

SASKATOON FOOD SCENE

Workshops gives kids tools for a vibrant life

By Jenn Sharp

A local entrepreneur is holding free workshops to teach kids about food and the environment.

Chris Wood hosts an interactive workshop for kids aged eight to 13. She wants kids to learn about where their food comes from and introduce them to new ways of eating.

Kids learn about Saskatchewan food products and get a recipe book to take home. Healthy eating, meal planning, grocery shopping and food preparation are all discussed.

A component about the many fruits grown in Saskatchewan is taught, along with the environmental factors that affect them, says Wood.

She talks to the kids about the downside of food that has to be shipped to the processor. Fresh food learns nutrients from long travel times and what it has to be sprayed to stay fresh.

"There are so many environmental factors with flying it here as opposed to the farmer who just drives it here," says Wood.

Kids are given an idea of how much garbage they waste in their lifetime — of their current age and how much they'll make by the time they're 30, "a real eye opener."

A food basket is comprised of meals that are easy to prepare at home and sourced from Saskatchewan farmers. Cooking this way helps reduce one's environmental footprint, says Wood, as there's less waste from shipping food.

"Cook food in the cleanest thing to you. It's great to throw away whole bodies of fish, learning to cook in your own want to put clean food in you and food that's good for you."

Spirited Garden space主人 are used as a demo and sold home with the kids. The company from Moose Jaw sponsors the workshops.

Wood's favorite recipe involves heating a few veggies with Spinach, don't all-spice mix, then blending it and adding cream cheese, parmesan cheese, and more spice for a healthy dip or spread for a wrap.



Chris Wood of Vinoor's Bloody Goods leads children like Shanshae Mawuli and Cheyenne MacKenzie through an interactive workshop that teaches kids about cooking the environment and the benefits of journaling. (Photo by Jennifer Wallin)

SHARP EATS



CHELSEAHOLZBERGER/MONITOR/Postmedia Network
A young girl cuts a sandwich during an interactive workshop at Similac in St. John's. The next workshop will be held March 3 at 10 a.m.

They can make a really fantastic meal with just about anything," she says.

Sourcing the ingredients locally for the recipes can be overwhelming for families. Wood has partnered with Rethouse Community Organic (RCO) Farms, a community-supported agriculture endeavour of Red and Grey RCO Farm which delivers to St. John's once a month in the winter and twice in the summer.

Customers can buy produce and meat shares based on their household needs through the website www.rcofarms.com.

Wood likes this style of eating saying it's cheaper and it makes her really think about how to plan veggie days into family meals.

"You have so many things there right there. You could guess yourself if you were going to open a box of something."

Kids can also give a Whistle journal, another app, which is an excellent resource to help them learn about the environment and their own health.

If kids start that young — taking care of their body mind and spirit, it's a great learning tool. Hopefully when they're in school they'll be aware of ... how much their choices make an impact."

Wood encourages the kids to write down their problems and goals on the journals. She's learned that if you write down a problem you can start to solve it by writing.

"It's just to touch them there's a really nice way to solve your problems and it can be relaxing."

Goal setting is important, too. "A lot of people say that when you have a goal, if you don't write it down, it's just a dream."

Wood, who owns Wood's Body Goods, also gives a lesson on zero waste and helps the kids make a batch product from scratch.

Overall, Wood hopes the workshops will encourage both parents who are welcome to attend to think a little differently about their food and the environment.

We feel these things make for a really vibrant life by supporting a farmer, by taking care of that land that could be gone forever if a company bags it up and builds something on it."

INTERACTIVE WORKSHOP FOR KIDS

WHEN: March 9, 2014, 4:30 to 5 p.m.

WHERE: Centre On Environment, 1065 Granville Ave.

AGES: Early elementary age students are welcome.

COST: \$15 (It's suggested if people can't afford it to bring a meal to share.)

REGISTRATION: woodsbodystore.com (Please note three adults are welcome.)

ON THE SCENE

THE ACADEMY AWARDS LIVE BROADCAST

Leave it to the only place in Sedona to have an authentic feel of old Hollywood glamour to host the Oscar party of the year. The Rialto Theatre was filled with film and celebrity fans in awe for a live broadcast of the 85th Academy Awards. StarPhoenix reporters Stephanie Molloy and Jeremy Warren hosted the event, handout door prizes and playing Oscar-themed games with the audience during commercial breaks.

BRIDGES PHOTOS BY MICHELLE BERG



1. Lauren Lang and Adrien Nodell
2. Anne-Lise Meldeus, Rob Hotpink and Ivy Hodges

3. Sarah Morsala and Katherine Sestari
4. Loretta Ins and Jessie Ins

5. Diane Blank and Heather Moroney
6. Jane McPeek, Cyn Ciancani and Leah Bruce
7. Katie Mooney, Lisa Mooney and April Scott

8. Stacey McPeek, Chris Smith and Rose Sonnentag (not their picture taken)
9. Kim and Dennis Schenkley